

Creamy Broccoli and Cheese Soup

This broccoli cheese soup offers up a rich and creamy flavor with minimal fat due to the combination of chicken broth, low-fat milk, and a small amount of reduced fat cheese.



Most soups with cheese contain too much fat and calories to be considered healthy. By using reduced-fat cheese and limiting the overall amount, you can get the taste of “rich and creamy” without sacrificing nutrition. Look for broccoli crowns (tops of broccoli minus the stems) in your local market - they are a little more expensive, but make for a tastier soup.

Ingredients:

Cooking spray	2 1/2 cups 1 percent reduced-fat milk
1/2 cup chopped onion	1/3 cup all-purpose flour
2 garlic cloves, minced	1/4 tsp black pepper
3 cups reduced-sodium chicken broth	4 oz. shredded reduced-fat cheese
1 package broccoli florets (16 oz.)	

Preparation:

Heat a Dutch oven/pot coated generously with cooking spray over medium-high heat. Add onion and garlic. Saute 3 minutes or until tender.

Add broth and broccoli. Bring broccoli mixture to a boil over medium-high heat. Reduce heat to medium; cook 10 minutes.

Combine milk and flour, stirring with a whisk until well blended. Add milk mixture to broccoli mixture. Cook 5 minutes or until slightly thick, stirring constantly. Stir in pepper.

Remove from heat; add cheese, stirring until cheese melts. Place one-third of the soup in a blender or food processor and process until smooth. Return pureed soup mixture to pan.

Nutrition Facts

Yield 6 servings

Amount Per Serving

Calories 190

Fat 5 g

Saturated fat 2 g

Protein 15 g

Carbs 21 g

Fiber 3 g

Sodium 625 mg

Cholesterol 24 mg

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